

# KIN A245: BADMINTON LEVEL 2

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	1-2 Total Units
Hours	36-72 Total Hours (Lecture Hours 9-18; Lab Hours 27-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)

## Course Description

This course is intended to develop intermediate-advanced level skills necessary to participate in the game of badminton. Skill development will include instruction on intermediate-advanced stroke analysis, specific singles and doubles tactics, offensive and defensive strategies, and competitive class match play. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Demonstrate effective intermediate-advanced shot making while in motion and shot placement for accuracy.
2. Execute proper training techniques needed to improve intermediate-advanced level skills in preparation for effective badminton competition.
3. Self-analyze errors in badminton and identify methods of adjustment to enhance intermediate-advanced stroke performance.

## Course Objectives

- 1. Demonstrate an understanding of intermediate-advanced skills and strategies of the game.
- 2. Demonstrate an understanding of proper singles, doubles tactics and tournament play.
- 3. Demonstrate intermediate-advance proper offensive and defensive strategies.
- 4. Demonstrate an effective forehand and backhand shots at the intermediate-advanced level, including clear, drop, drive, smash, net shot.
- 5. Demonstrate an effective forehand and backhand serve at the intermediate-advanced level.
- 6. Demonstrate an effective forehand and backhand return of serve at the intermediate-advanced level.

- 7. Demonstrate effective intermediate-advanced shot placement.
- 8. Demonstrate appropriate intermediate-advanced footwork while moving on court.
- 9. Demonstrate appropriate court position while participating in singles, doubles match play and tournament play.
- 10. Develop a level of conditioning specific to a intermediate to advanced level of play.
- 11. Demonstrate a proficiency to evaluate opponents.
- 12. Demonstrate a proficiency to analyze a match and suggest recommendations for improvement.

## Lecture Content

Orientation A. Course expectations B. Course evaluation II. History of Badminton Competition III. Intermediate/Advanced Badminton Tournament Play A. Rules B. Scoring C. Etiquette IV. Intermediate-Advanced Strokes A. High and short serve B. Forehand, backhand, and overhead drives C. Smash V. Strokes: Intermediate-Advanced A. Forehand and backhand clear shots B. Fast drop and net drops C. Service 1. Deep/short n bsp; 2. Side to side 3. Returns VI. Strategies and Tactics A. Singles 1. Maintaining control of the point and court position 2. Defensive: Gaining back court position 3. Offensive: Moving opponent about the court B. Doubles/Mixed Doubles 1. Partner responsibilities and court coverage 2. Maintaining control of the point and court position VII. Purpose Strategy Technique and Drills A. Drop shot B. Overhead and underhand clear shot C. Forehand and backhand drive shot D. Kill shot VIII. Match Analysis A. Appropriateness of strokes B. Application of rules, strategies, and tactics IX. Tournament Competition Preparing tournament draw sheet Participating in a class tournament

## Lab Content

Application of skills presented in lecture, including: IV. Intermediate-Advanced Strokes A. High and short serve B. Forehand, backhand, and overhead drives C. Smash V. Strokes: Intermediate-Advanced A. Forehand and backhand clear shots B. Fast drop and net drops C. Service VI. Strategies and Tactics A. Singles B. Doubles/Mixed Doubles VII. Strategy Technique and Drills A. Drop shot B. Overhead and underhand clear shot C. Forehand and backhand drive shot D. Kill shot

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Demonstration, lecture, discussion, instructor feedback

## Reading Assignments

Students will spend approximately 1-2 hours per week reading from the text and assigned articles

## Writing Assignments

Two to three page report that represents an individual improvement plan for individual tactical scenarios and applications of individual tactics to small and large group experiences. Report highlighting offensive and defensive strategies of both singles and doubles play.

## **Out-of-class Assignments**

Students will spend on average 1-2 hours per week on out of class assignments, including: Readings from text and assigned articles Investigate the rules for men s and women s badminton Studying the tactical complexity for badminton as it relates to offensive and defensive play. Studying badminton singles and doubles strategies. Completing written reports.

## **Demonstration of Critical Thinking**

Written analysis of tactical applications and decision making for levels of tactical complexity during offensive and defensive play. Written description of the historical perspectives of singles and doubles strategies.

## **Required Writing, Problem Solving, Skills Demonstration**

Two to three page report that represents an individual improvement plan for individual tactical scenarios and applications of individual tactics to small and large group experiences. Report highlighting the offensive and defensive strategies of both singles and doubles play. Skill demonstration of intermediate-advanced racket handling and hitting specific forehand and backhand strokes while motion and for accuracy.

## **Eligible Disciplines**

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

## **Other Resources**

1. Instructor handouts and articles